OVERWEIGHT AND OBESITY

Overweight adults:

- In 2000, 53% of Montana adults were at risk for being overweight according to the new Body Mass Index (BMI) classification of overweight (i.e., BMI ≥25).
- According to the old classification for overweight used for Healthy People 2000 Objective 1.2 listed below, 30% (±2%) of Montana adults aged 18 and older were overweight in 2000.
- From 1990 to 2000, there was an approximate increase of 11 percentage points in the prevalence of overweight among Montana adults.
- Males (63%) were substantially more likely to be overweight than females (43%).
- Fewer adults aged 18 to 24 (30%) were overweight than adults in older age classes (≥50%).
- Education, income, and race had relatively little influence upon the percentage of adults who were overweight.

Note: Body Mass Index (BMI) is used to indicate overweight. BMI is a ratio of weight to height $[kg/m^2 \ or \ (lbs. \ x \ 700)/in.^2]$. The BMI standard for overweight was changed by the National Heart, Lung, and Blood Institute (1998) to BMI \geq 25 for both sexes. Previously, overweight was defined as BMI \geq 27.8 for males and \geq 27.3 for females, which was the standard used by Healthy People 2000.

Obese adults:

- In 2000, sixteen percent of Montana adults were considered at risk for obesity (i.e., BMI ≥30).
- From 1990 to 2000 there was an increase of 7 percentage points in the prevalence of obesity among Montana adults.
- Adults aged 25 and older (>14%) were more likely to be at risk for obesity than adults less than 25 years of age (<5%).
- Adults with a college degree were less likely to be obese (13%) than those adults with a high school education or less (>18%).
- There was a tendency for lower income groups to be more obese than higher income groups, but there was very little statistical difference of obesity based on income in Montana.

Note: According to the National Heart, Lung, and Blood Institute (1998), persons with a BMI ≥30 are at risk for being obese.

Healthy People 2000 Objectives:

1.2 Reduce overweight (BMI \geq 27.8 for males and BMI \geq 27.3 for females) to a prevalence of no more than 20 percent among people aged 20 and older.

Healthy People 2010 Objectives:

19-1 Increase the proportion of adults (to at least 60 percent) who are at a healthy weight (18.5 ≤BMI <25.0).

Table 5. Overweight and Obesity, Montana Adults, 2000 (with 95% confidence intervals). Obese** Overweight* **Total Total** CI CI No. WT.% No. **WT.**% **All Adults:** 2000 14.2-17.6 2884 53.1 50.6-55.5 2884 15.9 Sex: Male 1277 62.6 59.0-66.2 1277 16.4 13.8-18.9 Female 1607 43.4 40.1-46.7 1607 15.4 13.3-17.6 Age: 18-24 220 30.0 22.6-37.5 220 4.6 1.8-7.5 401 14.7 25-34 401 50.5 44.3-56.6 10.6-18.8 35-44 647 58.2 52.9-63.5 647 17.6 13.7-21.6 45-54 613 57.9 52.7-63.1 613 19.2 15.1-23.3 55-64 389 61.9 55.3-68.5 389 16.7 11.9-21.4 65+ 48.7-59.3 611 18.7 14.7-22.6 611 54.0 **Education:** <High School 276 49.6 40.4-58.7 276 20.8 14.6-27.0 922 55.9 51.6-60.3 922 18.4 15.1-21.8 High School Some College 868 52.3 47.7-56.8 868 15.0 12.1-18.0 College Degree 816 52.1 47.6-56.5 816 12.8 10.1-15.5 Income: 20.0 <\$15,000 275 52.0 43.3-60.6 275 14.4-25.6 \$15,000 - \$24,999 49.8 44.5-55.1 613 17.6 13.9-21.4 613 \$25,000 - \$49,999 874 58.0 53.6-62.4 874 16.1 13.0-19.1 44.7-59.4 \$50,000 - \$74,999 304 52.0 304 15.3 9.4-21.2 \$75,000+ 192 44.4-63.2 192 11.8 6.3-17.4 53.8

2485

391

52.2

63.5

Race:

White, non-Hispanic

Non-white or Hispanic

Figure 3. Montana Adults Who Are Overweight or Obese According to Body Mass Index, 1990-2000.

49.6-54.8

56.2-70.8

2485

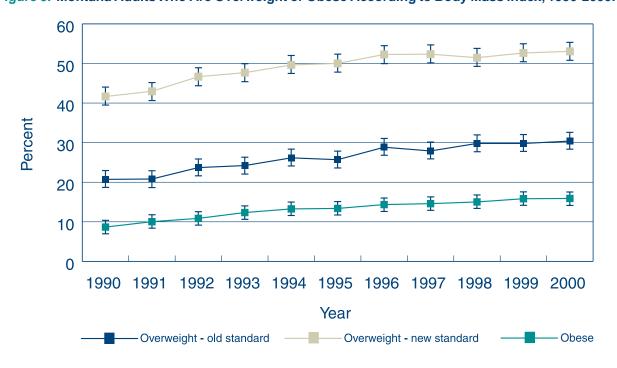
391

15.2

25.3

13.4-16.9

19.1-31.5



^{*} Overweight = BMI ≥25 ** Obese = BMI ≥30